

Pool Schedule Fall 2017

August 13 - December 16 (Schedule subject to Change)

	Diver	Lan Dani	Zava Dansh	Clide	Dana	Couling Dangerouse
	<u>River</u> Adult Only	Lap Pool 3 Lanes Available	Zero Depth CLOSED	<u>Slide</u> CLOSED	Rope CLOSED	Swim Programs Swim Lessons
MONDAY	5:30 - 7:00 am	5:30 - 8:00 am H20 Aerobics	5:30 - 11:00am Open Swim	5:30 am - 3:00 pm	5:30 am - 8:30 pm Deep End Only	9:00 - 10:40 am Adult Swim Lessons
	Hydro Pump 7:00 - 8:00 am	8:00 - 9:00 am	11:00 am - 8:30 pm	Open 3:00 - 8:00 pm	6:00 - 7:00pm	7:15 - 8:00 pm
	Adult Only	Low Impact		CLOSED		
	8:00 - 11:00 am Open Swim	9:00 - 10:00 am 2 Lanes Available	_	8:00 - 8:30 pm		
	11:00 am - 8:30 pm	10:00 am - 2:00 pm				
ĺ		Open Swim 2:00 - 4:00 pm				
Š		2 Lanes				
-		4:00 - 6:00 pm H20 Aerobics				
		6:00 - 7:00 pm				
		1 Lane Available				
	<u>River</u>	7:00 - 8:30 pm Lap Pool	Zero Depth_	Slide	Rope_	Swim Programs
	Adult Only	3 Lanes Available	CLOSED	CLOSED	CLOSED	Swim Lessons
	5:30 - 7:00 am	5:30 - 8:00 am	5:30 - 11:00 am Open Swim	5:30 am - 3:00 pm	5:30 am - 8:30 pm	9:00 - 10:40 am
	Hydro Pump 7:00 - 8:00 am	H20 Aerobics 8:00 - 9:00 am	11:00 am - 3:50 pm	Open 3:00 - 3:50 pm		Masters Swim 12:00 - 1:00 pm
	Adult Only	Low Impact	CLOSED	CLOSED		Swim Lessons
	8:00 - 10:00 am Hydro Pump	9:00 - 10:00 am Deep Water	3:50 - 6:30 pm Open Swim	3:50 - 6:30 pm Open	_	4:00 - 6:30 pm
≽	10:00 - 10:30 am	9:30 - 10:00 am	6:30 - 8:30 pm	6:30 - 8:00 pm		
TUESDAY	Open Swim	2 Lanes Available		CLOSED		
S	11:00 am - 3:50 pm Closed	10:00 am - 12:00 pm Master Swim Only		8:00 - 8:30 pm		
5	3:50 - 6:00 pm	12:00 - 1:00 pm				
F	Hydro Pump 6:00 - 7:00pm	2 Lanes Available 1:00 pm - 2:00pm				
	Open Swim	Open Swim				
	7:00 - 8:30 pm	2:00 - 3:50 pm				
		CLOSED 3:50 - 7:00 pm				
		2 Lanes Available				
	River	7:00 - 8:30 pm Lap Pool	Zero Depth	Slide	Rone	Swim Programs
	Adult Only	3 Lanes Available	CLOSED CLOSED	CLOSED	Rope CLOSED	Swim Programs Swim Lessons
	5:30 - 7:00 am	5:30 - 8:00 am	5:30 - 11:00 am	5:30 am - 3:00 pm	5:30 am - 8:30 pm	9:00 - 10:40 am
	Hydro Pump 7:00 - 8:00 am	H20 Aerobics 8:00 - 9:00 am	Open Swim 11:00 am - 8:30 pm	Open 3:00 - 8:00 pm	Deep End Only 6:00 - 7:00 pm	Teen Swim Lessons 7:00 - 8:00 pm
WEDNESDAY	Adult Only	Low Impact	11.00 am - 0.30 pm	CLOSED	0.30 7.00 pm	Sept 13-Oct 4 & Oct 18- Nov 4
	8:00 - 11:00 am	9:00 - 10:00 am	_	8:00 - 8:30 pm		
S	Open Swim 11:00 am - 8:30 pm	2 Lanes Available 10:00 am - 2:00 pm				
ΙZ	11.00 dili 0.30 pili	Open Swim	-			
\Box		2:00 - 4:00 pm				
		2 Lanes Available 4:00 - 6:00 pm				
>		H20 Aerobics				
		6:00 - 7:00 pm				
		2 Lanes Available 7:00 - 8:30 pm				
	River	<u>Lap Pool</u>	Zero Depth	<u>Slide</u>	Rope	Swim Programs
	Adult Only	<u>Lap Pool</u> 3 Lanes Available	CLOSED	CLOSED	CLOSED	Swim Lessons
	Adult Only 5:30 - 7:00 am Hydro Pump	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics	CLOSED 5:30 - 11:00 am Open Swim	CLOSED 5:30 am - 3:00 pm Open		Swim Lessons 9:00 - 10:40 am Masters Swim
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
AY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
SDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
RSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
IURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
THURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1::00 pm 2 Lanes Available 1:00 - 2:00 pm	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
THURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 3:50 pm	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
THURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 3:50 pm CLOSED	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
THURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 3:50 pm	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
THURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
THURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available 1:00 - 2:00 pm CloSED 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED	CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
THURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim 6:30 - 8:30 pm	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm 2 Lanes Available 7:00 - 8:30 pm	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim 6:30 - 8:30 pm	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED 8:00 - 8:30 pm	CLOSED 5:30 am - 8:30 pm	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons
THURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim 6:30 - 8:30 pm	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm 2 Lanes Available 7:00 - 8:30 pm	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim 6:30 - 8:30 pm	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED 8:00 - 8:30 pm	CLOSED 5:30 am - 8:30 pm	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
THURSDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim 6:30 - 8:30 pm River Adult Only 5:30 - 7:00 am Hydro Pump	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm 2 Lanes Available 1:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm 2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim 6:30 - 8:30 pm CLOSED 5:30 - 9:00 am Open Swim/No features	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED 8:00 - 8:30 pm CLOSED 8:00 - 8:30 pm	Rope CLOSED 5:30 am - 8:30 pm CLOSED 5:30 am - 3:30 pm Open	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
THUR	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim 6:30 - 8:30 pm River Adult Only 5:30 - 7:00 am Hydro Pump	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm 2 Lanes Available 7:00 - 8:30 pm Deep Water 6:30 - 8:30 pm Lap Pool 3 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim 6:30 - 8:30 pm Zero Depth CLOSED 5:30 - 9:00 am Open Swim/No features 9:00 - 10:00 am	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED 8:00 - 8:30 pm CLOSED 5:30 am - 3:00 pm Open Open 3:00 - 6:00 pm	Rope CLOSED 5:30 am - 8:30 pm CLOSED 5:30 am - 3:30 pm Open 3:30 - 4:00 pm	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
THUR	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim 6:30 - 8:30 pm Adult Only 5:30 - 7:00 am Hydro Pump Adult Only 5:30 - 7:00 am Hydro Pump	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1::00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm 2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim 6:30 - 8:30 pm CLOSED	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED 8:00 - 8:30 pm CLOSED 8:00 - 8:30 pm Slide CLOSED CLOSED 5:30 am - 3:00 pm Open 3:00 - 6:00 pm CLOSED	Rope CLOSED 5:30 am - 8:30 pm CLOSED 5:30 am - 3:30 pm Open 3:30 - 4:00 pm CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
THUR	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim 6:30 - 8:30 pm Adult Only 5:30 - 7:00 am Hydro Pump 6:00 - 6:30 pm Open Swim 6:30 - 8:30 pm	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am Deep Water 9:30 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm CloseD 3:50 - 6:30 pm CloseD 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm Deep Water 6:30 - 7:00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 8:30 pm LoseD 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm 2 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am 2 Lanes Available	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim 6:30 - 8:30 pm Zero Depth CLOSED 5:30 - 9:00 am Open Swim/No features 9:00 - 10:00 am	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED 8:00 - 8:30 pm CLOSED 5:30 am - 3:00 pm Open Open 3:00 - 6:00 pm	Rope CLOSED 5:30 am - 8:30 pm CLOSED 5:30 am - 3:30 pm Open 3:30 - 4:00 pm	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
FRIDAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am Hydro Pump 10:00 - 10:30 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Hydro Pump 6:00 - 6:30 pm Open Swim 6:30 - 8:30 pm River Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only 8:00 - 10:00 am	Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am 2 Lanes Available 10:00 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm 2 Lanes Available 1:00 - 2:00 pm Open Swim 2:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Deep Water 6:30 - 7:00 pm 2 Lanes Available 1:00 - 3:50 pm Lopen Swim 2:00 - 8:30 pm Lap Pool 3 Lanes Available 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:00 - 10:00 am 2 Lanes Available	CLOSED 5:30 - 11:00 am Open Swim 11:00 am - 3:50 pm CLOSED 3:50 - 6:30 pm Open Swim 6:30 - 8:30 pm CLOSED	CLOSED 5:30 am - 3:00 pm Open 3:00 - 3:50 pm CLOSED 3:50 - 6:30 pm Open 6:30 - 8:00 pm CLOSED 8:00 - 8:30 pm CLOSED 8:00 - 8:30 pm Slide CLOSED CLOSED 5:30 am - 3:00 pm Open 3:00 - 6:00 pm CLOSED	Rope CLOSED 5:30 am - 8:30 pm CLOSED 5:30 am - 3:30 pm Open 3:30 - 4:00 pm CLOSED	Swim Lessons 9:00 - 10:40 am Masters Swim 12:00 - 1:00 pm Swim Lessons 4:00 - 6:30 pm
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SWIMMING LESSON CLASS DESCRIPTIONS

PARENT & CHILD AGES 6 MONTHS - 3

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:10 teacher to student ratio.

Swim - Parent & Child 1 (ages 6 mos. - 24 mos.)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

Parent & Child Level 2 (ages 18 mos. - 3)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

Parent & Child Combined (C) (ages 6 mos. - 3)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

PRESCHOOL AGES 3 - 5

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:5 teacher to student ratio

Preschool I

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

Prerequisite: Child must be ready to participate in a group setting.

Preschool 2

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work

<u>Prerequisite:</u> Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Preschool 3

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

 $\frac{Prerequisite:}{Pass\ Preschool\ 2;\ OR\ Independently\ floating\ on\ front\ and\ back\ for\ 5}$ seconds; forward movement through water.

YOUTH AGES 6 - 15

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:8 teacher to student ratio.

Level 1: Introduction to Water Skills

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

Prerequisite: Child must be ready to participate in a group setting.

Level 2: Fundamental Aquatic Skills

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

<u>Prerequisite:</u> Pass Level 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Level 3: Stroke Development

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

<u>Prerequisite:</u> Pass Level 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

Level 4: Stroke Improvement

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

Prerequisite: Pass Level 3; OR Swim 15 yards front crawl with rotary breathing.

Level 5: Stroke Refinement

Students will refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, sidestroke, and elementary backstroke) and increase their distances. Flip turns for the front crawl and back crawl will also be introduced. Prerequisite: Pass Level 4; OR Swim 25 yards front and back crawl.

Level 6: Stroke Clinic

Stroke Clinic is designed for swimmers who can swim at least 50 meters. Stroke Clinic will refine your swimming skills for lifelong success in the water. Whether you are refining your strokes to become a lifeguard, join a swim team, or just learn to swim efficiently, this class is for you. This is a 45 minute class.

Group Swim Lesson Dates and Registration windows:

Monday/Wednesday Mornings (9:00 - 10:10 a.m.)					
Session 1	Sept 11 - Oct 4	4 Weeks	R \$39 / NR \$49		
Session 2	Oct 9 - Nov 1	4 Weeks	R \$39 / NR \$49		
Session 3	Nov 6 - Dec 6	4 Weeks	R \$39 / NR \$49		
Tuesday/Thursday Mornings (9:00 - 10:10 a.m.)					
Session 1	Sept 12 - Oct 5	4 Weeks	R \$39 / NR \$49		
Session 2	Oct 10 - Nov 2	4 Weeks	R \$39 / NR \$49		
Session 3	Nov 7 - Dec 7	4 Weeks	R \$39 / NR \$49		
Tuesday/Thursday Afternoons (4:00 - 5:45 p.m.)					
Session 1	Sept 12 - Oct 5	4 Weeks	R \$39 / NR \$49		
Session 2	Oct 10 - Nov 2	4 Weeks	R \$39 / NR \$49		
Session 3	Nov 7 - Dec 7	4 Weeks	R \$39 / NR \$49		
Saturday Mornings (9:00 - 10:45 a.m.)					
Session 1	Sept 16 - Oct 21	8 Weeks	R \$29 / NR \$37		
Session 2	Oct 28 - Dec 9	6 Weeks	R \$29 / NR \$37		

Registration windows are as follows:							
Weekday Sessions							
C i	Registration Op	ens:	Registration will close				
Session:	Resident	Non-Resident	at 12:00 p.m. on:				
Session 1	Aug 14	Aug 21	Sept 8				
Session 2	Sept 29	Oct 2	Oct 6				
Session 3	Oct 26	Oct 29	Nov 3				

Weekend Sessions							
Cossion	Registration Op	ens:	Registration will close at 12:00 p.m. on:				
Session:	Resident	Non-Resident					
Session 1	Aug 14	Aug 21	Sept 8				
Session 2	Oct 18	Oct 21	Oct 25				